



PATIENT NAME/ACCT# \_\_\_\_\_  
JHC PHYSICIAN: \_\_\_\_\_ DATE/TIME: \_\_\_\_\_

**NUCLEAR PHARMACOLOGICAL STRESS TEST INSTRUCTIONS  
(ADENOSINE OR LEXISCAN)**

**HOW DO I PREPARE FOR MY TEST?**

- 1. NO CAFFIENE FOR 24 HOURS PRIOR TO THE PROCEDURE.** This includes coffee, tea, decaffeinated coffee or tea, chocolate, soda and certain migraine medications including excedrin, anacin, fiorcet, and fiorinal.
- 2.** You may eat a light meal **1-2 hours** prior to the procedure. As an example: toast, cereal or oatmeal. If you are diabetic, you may eat a small meal and take your regular diabetic medications.
- 3.** Drink plenty of water at any time the morning of the procedure. We encourage drinking water throughout the morning. This will help you from becoming dehydrated.
- 4.** Do not take any of the following medications **48 hours** prior to the procedure: pentoxifyllin, theolair, theo-24, theophylline, respid, trental, slo-bid, theo-dur, uniphyl, aggrenox, persantine, and dipyridamole.
- 5.** No nitroglycerine or nitrates the **day of the test**. This includes the nitro patch, sublingual pills, spray or any other form of nitroglycerine (for example: isosorbide and nitrobid).
- 6.** You may take any other medications that are not listed above. If you will need any anxiety or pain medications for the scan, please bring them with you.
- 7.** If you use inhalers, please bring them with you.
- 8.** You should wear loose, comfortable clothing. If you tend to get cold, a long sleeve shirt is suggested, and bring a sweater or jacket with you. A two piece outfit is suggested for better access to your arms and chest. Wear comfortable shoes- **no heels**.
- 9.** Male patients may want to shave their own chests for EKG lead placement, if needed. Otherwise, a dry shave will be required in the clinic on the day of the test.
- 10.** Your total time for Nuclear Stress procedure is 3 hours.

**NOTE: If you are more than 30 minutes late, expect for your procedure to be rescheduled.**

**FOR QUESTIONS CONTACT: IMAGING DEPARTMENT- 601 982-7850, EXT. 440 OR EXT. 198**